

Clearing Your Womb/Birth Trauma

presented by: Rebecca A Messenger and Isis



Entry level Womb/Birth clearing;

(Here is the original audio of the Advanced womb clearing for you to refer too) <http://instantteleseminar.com/?eventid=44178150>

If your clients have never had any birth clearing at all, do some preliminary clearing.

I have provided a few exercises for you to use.

Balance Exercise: It is good to start any session with a good acupressure point balance exercise. **The easiest one to do it 'Thymus Thump'**

Simply have clients tap their thymus (center of chest- just above heart center) and think of something or someone they LOVE. Tap, while smiling and say "balance"

Exercise and explanation to clear: Something Must be wrong with me.

Many of us innately feel there is 'something wrong with me'. This can often be traced back to the womb or birth experience. Because a baby is carried in water, sounds and feelings can be amplified.

If a baby is hearing or even sensing words like-

Why can't I do anything right?

Why am I fat?

Why am I sick?

One of the biggest detriments a mother can do while pregnant is self-criticize!

The baby picks it up and doesn't know the words are not necessarily directed at him/her.

It is very likely that the pattern you are carrying even now...is not even yours!

Rebecca, (creator of this program) once had a client with a small baby. The baby was starving to death because he threw up everything he ate. Doctors could find no reason for this condition. The mother was besides herself when she finally came to me.

As Rebecca guided the mother through the healing process. A very important thing came to light. Rebecca asked the mother if she had any fears of eating or weight gain

during the pregnancy. Why yes, the mother answered, I had just lost forty pounds when I got pregnant and I was terrified I would gain it all back.

Somehow, the fetus picked up the message, **'I'm terrified to eat'**. Rebecca did surrogate work with mother and baby and the baby cleared the trauma. The baby began to eat and thrive from that moment on.(This involved meridian tapping)

Beloveds, it's likely the detrimental patterns you are carrying today are not even yours!

When you ask a question, the universe scrambles to answer- so when you ask..."Why can't I do anything right?"**You have automated the process and now the universe must show you all the ways you CANNOT do anything right!**

You can start to remedy this right now by asking beneficial questions, like, "Why do I do so many things well?

Why am I getting healthier?

Why does everyone like me so much?

Why is success becoming easier for me?

Using these type words will help you in every way.

* A note on forgiveness: Doing these exercises provides a great opportunity for forgiveness, for self, family members, anyone present at birth, or involved in situation.

Something must be wrong with me!

The goal of this entry level session is to clear this very pattern.

Have clients focus on the thought, Something must be wrong with me- BECAUSE...let them fill in the secondary sentence on their own. The secondary sentence is the root cause of the pattern.

IE: Something must be wrong with me BECAUSE...I don't feel loved, I was the wrong gender, I feel abandoned, I'm a failure.etc.

Have the client give a SUDS rating to how intense the feeling associated with the secondary sentence is. (Caution: Not necessary to guide clients to get deep into the STORY- can take up too much time and is of no benefit unless you are guiding them in the "EFT tell a story technique")

If you have not already given them a bit of instruction in HPT. Do so now. Just to fill them with the Light of Holy Spirit Divine revelation.



Hold the position of Heart Point Technique as shown. Imagine the Light of Holy Spirit revelation coming down through the crown, corpus callosum, pineal, hypothalamus, Pituitary and down to the heart.

Say, Holy Spirit Light fill me and **show me how to heal and release this trauma** and violence. Take your hands out of the position and relax.

As facilitator, you may also have them tap on the acupressure points while saying. "Even though I do have this pattern and I feel all these feelings, I love and accept myself". (There is great value in accepting yourself even though you have not been able to heal these patterns .)

* Also, as a healer yourself, use any other releasing, healing techniques that you are familiar with. This is meant to be a basic guideline and you are free to add your own steps.

Move into the healing meditation as follows. Be sure to speak slowly and softly. You can control the way a client relaxes by slowing down your own voice and pace of words.

Remember EFT?

This is the perfect place to insert some type of TAPPING exercise.

Using the phrase: "Even though I have this (fill in the blank) I love and accept myself" is very healing. You can tap on any acupressure points you like! Or use HPT points of Crown, 3rd eye, beginning of eye, side of eye, under eye, inside corner eye



points, heart.

I recommend that you get humorous with this. You can listen to the audio of the certification class to see how we did it. (should be in segment one)

<http://InstantTeleseminar.com/?eventid=45141483>

Healing womb/birth meditation:

Relax, your feet, legs, hips. Relax, take a deep breath in and out, relax, relax your spine, your shoulders, your neck.

Relax, relax your tummy, chest, arms and hands. Relax.

Relax your head, relax the muscles in your face, relax. You are drifting back in time, as you do, you seem to grow smaller and smaller. Relax, all is well.

You find yourself back in the womb and this time, you know why you are here. You are here to do some healing work...and this is good. You know you have been carrying the pattern. Something must be wrong with me, and you are here to release, heal and forgive.

Relax. As you relax, tune into the very first sensations you have in the womb...if they were positive, drink them in. If they were negative, SEND DIVINE FORGIVENESS.

I forgive any and all people who affected me negatively, I forgive myself. I take in more Divine light, I am floating in a sea of Divine Forgiveness.

Take yourself back even farther, to your conception moment. I forgive anything that was not right or good feeling about my conception. I forgive any and all who did not want me. I forgive the wrong timing. I forgive any who wanted me to be a different gender. I forgive.

(As facilitator, remember to keep your voice calm and relaxed- take your time with this. Add soothing words of your own.)

Time to be born. relax.

Move into even more forgiveness mode. I forgive the bright lights that hurt my eyes. I forgive the first touch that was not loving. I forgive anyone who thought I was an ugly baby.

Now, you are wrapped tightly in warm blankets and held by loving arms. You are surrounded by your own team of guardian angels. Now, you hear these words...Why are you so very precious? Why are you the perfect gender?

Why is everything right with you. How precious and adorable you are.

And so it is. Simply bask in the peacefulness of your new birth.

(If you feel they are ready, take them into more advanced healing as follows- you could also divide this up into two segments)

Advanced Womb Trauma/Birth Violence Healing 'The Isis Method' featuring Isis, the great Midwife

Isis further recommended that I segment our class into Modules. This will make it easy for students ...and easy for you as teacher.

Nutshell: The benefits of this class are-

- Less guilt- whether it's yours or not
- A sense of worthiness
- Knowing your purpose
- Staying strong
- More awakened

Purpose: To define and heal...Where you NOT Fully showing up in your life. Your finances? Your relationships? Your self- image? All can be directly connected to womb/birth trauma.

Why? Because in the womb you are highly sensitive to sound, vibration and emotions of others. Negative impressions are often 'cemented in' during the birth process (especially if it is a typical hospital birth or if there were any difficulties present)

Here are the beginning modules as outlined by Isis: **These are designed to help one be more attuned and psychically aware.**

- FIRST Call in ISIS
- Grounding /deepening Module:
- Pranic tube breathing- crystal lining
- Spinal breathing
- Activating your psychic reception areas

Call in ISIS:

Oh Isis, great midwife, Mother of all, I invite you to be present with us and assist us with this birthing. (feel free to add your own words)

Grounding /deepening Module:

(See easy thymus thump exercise above- or use your own method)

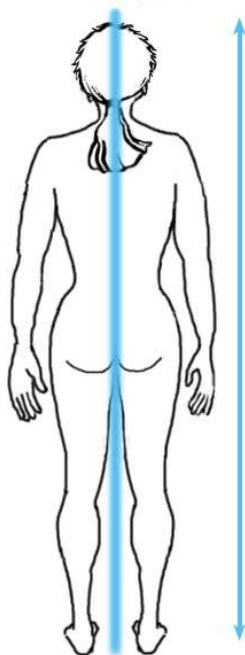
Pranic Tube breathing:

Pranic tube breathing: the pranic tube runs from the perineum up to the top of the head. Breathing this way **causes balance to be restored.**

To make this more effective, imagine that the tube is lined with a crystalline substance. Guide clients in breathing in from the heavens and sighing it out into the heart. As the sigh is released into the heart, the heart begins to open- as a lotus flower.

breath in from the earth's core, sigh it out into the heart. Take at least 3 breaths each this way, then breathe in simultaneously form the heavens and the earth.

The Pranic Tube



Spinal breathing: Light up the front of body/ cross eyes.

Giving credit to both Padma Aon Prakasha and Tom Kenyon for parts of this exercise and, of course, to spirit, for directing me to do it in a certain way.

Put your awareness on the base of the spine and imagine that thin white light that runs up the spine. Place your fingers in a directed position that is... simply hold the index finger and the middle finger while folding the others.

Point your fingers at the base of the spine. Having your lips pursed as if you were blowing out a candle. First, take a deep breath in and out as you cleanse and then breathing in to re pursed lips. Bring the white light all the way up to your third eye and slightly above your third eye, cross your eye slightly and hold for a count of seven.

And then down the spine for a count of seven. Do this three times. Now take a deep cleansing breath. The next part of the exercise will be in a wave formation. You're going to imagine that you're directing the light side to side, sort of in a little wave formation. So, pointing your fingers at the base of your spine, deep cleansing breath. Now you're gonna breathe in waving your fingers directly the light back and forth to the count of seven.

At the third eye slightly crossed and hold for seven and then wave slowly down. Do this three times and take a deep cleansing breath. Now we're going to move into the spiral formation. Do you still have your fingers to direct the flow? So, beginning at the base of the spine, you're going to count, you're going to breathe into a pursed lips but you're going to move your fingers upward in a spiral formation.

All the way up, touch the third eye slightly above, cross your eyes, hold to the count of seven and then spiral down. Do this three times and take a deep cleansing breath.

Now put your awareness on the base of the spine from the back of the body (giving credit to Tom Kenyon for the idea of this exercise.) Imagine that there's two columns up your spinal cord. The lunar energy is on the left; the solar energy is on the right. Take a deep breathe in and out and when you're pushing the breath out, imagine you're pushing the light up both sides of the spinal column.

The lunar on the left; the solar on the right. The lunar is dark; the solar is bright. Alchemy, two opposites in the container of your body... directed by your imagination. Take a deep breath in. Now push the lunar left and the solar right all the way up your spinal column until they meet at the pineal gland. And then release. Take a cleansing breath.

And now deep breath in again and push the lunar on the left; the solar on the right. And they meet over and encompass your pineal gland. And one more time, in this formation, meeting at the pineal gland. Now take a deep cleansing breath. Next time, when you send the light up the spine, it will cross at each Chakra. The lunar, or the darkness of the void -will cross to the other side and back in a wave formation.

The solar; the light energy will cross until it looks rather like the medical symbol, the Cadra, I believe it's called. So, they're going to end up on their proper side; the lunar on the left, the solar on the right when they encompass the pineal gland. Deep breath in, push it out as it intertwines at each Chakra and can pass the pineal gland, hold, and relax.

Do this three times and breathe normally. Now put your awareness on the actual spinal column fluid. The life-giving fluid that is within your spinal column. Take a deep breath in and out. As you take a deep breath in, you push the spinal column fluid in a spiral formation upward to the alta major. And it circles the alta major clockwise and then streams gently back to the base of the spine. Do this three times and then breathe normally.

Activating your psychic reception areas to more light:

Psychic reception areas are as follows:

Solar plexus (gut instinct)

Heart (soul connection)

Ears (auditory) Note this is just above the actual ears, there is a bony part just above-that's it.

Third eye (psychic vision)

Crown (knowing)

Prayer, Oh Isis, anoint my psychic reception areas with Light to absorb the fullness of this healing.

Do this as a meditation with clients: (guide clients in relaxation)

Imagine that Isis is standing in front of you. She places one hand on the front of your solar plexus and another on the back. Isis send electric blue light coursing through this area, cleansing healing, balancing.

Repeat the same words as you move from Solar plexus, heart, ears, third eye, crown.

By now, your clients should be in a state of profound relaxation and heightened awareness..

***Calling in Your Soul family Module:**

Benefit- You can affect positively the lives of millions and assist your ancestry/descendants now. (This is best done as a meditation)

Your soul family is everyone in your awareness right now. It also encompasses many souls that were with you in previous incarnations. You can do all souls a great service by including them and inciting them to partake in this healing today.

Imagine a circle of light, make it as large as you need. Begin to call your soul family to enter the circle. Use your imagination to do this. According to the Egyptian law of REN, when you call a soul, they must come. They can choose to participate or not...but you are offering this healing.

The circle begins to fill with thousands of those in your soul family. Some you may recognize, many you will not. Make the intention to call all those in your ancestry as well as any in your future lifetimes.

Repeat: Dear soul family, I ask you to join me in this healing and clearing if you so desire. I extend to you all divine mercies and forgiveness. I releasing any blaming of you for any of my circumstances. I forgive, I ask to be forgiven.

Amen

*** NOT showing up Module:**

Benefit- Sets the intention of the class and give you a measurable goal.

Ask yourself- where do I feel I am not showing up?(this is just with your head)

Write it down.

Next HOLD HPT, go to heart, where does my heart long to show up?

You can also use non-dominant handwriting to help clients get the answer.

* NONDOMINANT Handwriting- see end of document for complete explanation and beginner exercises.

Exercise: With dominant hand write: Where does my heart want to show up?

Switch the pen to NDH and allow your heart to answer.

This way, you get to choose 2 ways. One with your head and another with your heart. You will see that the head has completely different ideas than the heart.

Action: Now that you know WHERE your heart wants you to show up. It's time to get some guidance on some ACTION you can take to get the ball rolling. It does no good to know about what your heart wants and then do nothing about it.

Exercise: Hold HPT and ask. What can I do right now to move in the direction my heart really wants? pay attention to what comes up and then make a plan to do something right away. (have them share)

*Personal Divine Confessor Module: releasing guilt allows you to experience a feeling of worthiness.

OMG! This revelation from Divine Mother is the most valuable asset to your spiritual advancement that you could ever have. Divine Mother has created an 'order' of Divine Confessors due to the great damage being caused by 'guilt feelings'.

We are not speaking of the really big guilt's (we know what to do about those) it's the little, niggling guilt's that keep us from walking fully in our power. Yes, the tiny pangs of barely discernible guilt keep us from Showing Up.

I consider this the most Powerful part of this class. It's what you have been waiting for...I'm so excited, I could teach an entire separate class just about this. Your Divine Confessor only has one job...to Accept your burdens if you allow it. There is never and judgment allowed for this order...only love.

Because this order was established by Divine Mother for the sole purpose of 'taking your burdens of guilt' each confessor receives 'brownie points' for each burden they take on.

You will make very good use of your personal Divine Confessor while having your womb/birth healing experience. (yep, we started with guilt even in utero, causing pain, wrong time, wrong gender, not wanted...on and on- With this, you will get rid of it before you are born.

** Don't forget- a lot of guilt isn't even yours.

The personal divine confessor order, created by Divine Mother are male and female. Ruben or Sarah are their names. You may feel more comfortable with a male- or you may prefer a female- just pick one...or BOTH!

Meditation: Guide clients in relaxing- form circle of light.

I ask for my own PDC. Circle of light, Both Ruben and Sarah are there. One of them step forward. (You may have both if you need it)

Start confessing. Make a list, big things and small things. Each time you confess, your confessor simply says, "I accept your Burden of guilt."

They are not created to judge you in any way, they simply accept your burden. How wonderful is this? No matter what you confess, they love you and accept you.

This is a great part of the session and great to have sharing about this.

The Womb Journey begins... Make a list first of all the things you may not have cleared yet. Wrong gender, wrong time, wrong parents, breech birth, not wanted, I'm a burden...

HPT- is there any reason I cannot release this now?

If something comes up- send it light and forgiveness.

if not, proceed.

Begin meditation: We will do the next several processes in the state of relaxation.

Relax, your feet, legs, hips. Relax, take a deep breath in and out, relax,

relax your spine, your shoulders, your neck.

Relax, relax your tummy, chest, arms and hands. Relax.

Relax your head, relax the muscles in your face, relax. You are drifting back in time, as you do, you seem to grow smaller and smaller. Relax, all is well.

You find yourself back in the womb. As you relax, begin to chant the sacred soul song as given below.

*** Sacred Soul Song Module:** You will do this while in the meditation.

Benefits - Sacred Soul Song heals, especially when in the womb and being amplified by water.

If you know sacred language, use that. We will use the language of ISIS.

Discover your sacred soul song, sing it to yourself in the womb and sing it now to fill yourself with light...anytime, anywhere.

Ra- salute to the great central Sun

Ba- salute to the celestial soul

Ka- salute to your spiritual twin

Akhu- salute to your life force/ God-self

Namah (from India) means I surrender to The Divine, I choose to follow my heart and I ask the Divine to open doors for me.

Now, we shall sing it for releasing trauma. (sing at least 3 times)

Still in a state of meditation- continue.

***Your Mission Module:**

Benefits- a far greater sense of purpose and confidence.

We will have Divine assistance with this while in a trance-like state.

Remember- the # one mission and purpose for every soul is to expand and grow.

We experience life for God and channel back every experience we have. Your purpose is built around a THEME... and your theme usually stays the same. Teacher, healer, lover, student, beach bum, entertainer, entrepreneur, worker, scientist, explorer. These themes can be in any field. You get to choose which way you want to go in every moment.

Your purpose changes with time. For the first twenty years it can be one thing and then shift to another.

How can you tell when it's about to change? You may feel a bit restless or something traumatic may happen. How can you tell when you're doing your purpose? Your heart is happy!

Relax, You're in the womb...wondering about your future. The Question is...what's my greatest purpose for right now? There are no lesser or greater purposes. Even if yours is to be a beach bum, be the best beach bum! Your purpose of "Being still" is just as great as taking action. This may be a time for you to heal before moving onward.

As a baby, ask....as I am releasing all the old traumas, guilt's etc. HPT, what's my highest purpose for right now?

* Perfect Attraction Module:

Benefit- How to attract everything you need to yourself in perfect Divine Timing.

How?

First, have something in mind that you want to attract. A lover, job, new home, etc.

Using a simple Sufi prayer. Oh Divine Source, (or use the name you call on) if this is for my highest good, bring it closer to me. if this is not for my highest good, move it further away. (and I like to add, ...and please make it as painless for all as possible)

Stay Strong Module:

Benefit- Staying strong and not being knocked off your bearings gives you extraordinary confidence. Confidence means more wealth, more love...more everything.

How?

Simple, Ask the Divine to open the doors that are in your highest good. If you have been beating your head against the wall- stop it! if a door is NOT opening STOP! Simply be in the stillness. You know when you are doing your purpose when your heart is happy.

Go thru the doors that open easily for you. If you have guilt about not moving fast enough, confess any guilt to your PDC.

* Holy Spirit Team Module: You are still in the womb state and still relaxed.

Benefit- having your own team of Holy Spirit council to advise you is priceless. Inviting them in the womb state is acknowledging your worthiness and this cannot be taken away.

Relaxing... In your baby innocence- floating in the warm amniotic fluid.

As you are relaxed, form a circle of light. Ask for the perfect Holy Spirit team for you right now. Team members can come and go as you need them. Imagine that a council of twelve is coming into your awareness. Beings who are in tuned with your specific

mission, beings who can enhance your talents and lift you up. Beings who will open doors for you. They form a ring around you and begin to shower you with love. This is your team from this moment forward.

Isis Birth Blessing and Awakening Module:

Benefit- you will experience a blessing of Light and Awakening that will stay with you from now onward.

Stay in your little baby state...tuning into the truth that is in your heart... you matter! You choose the time of your birth, you choose who you want to be there. This is your movie, direct it as you will. For sure your Holy spirit council will be there. For sure your personal divine confessor will be there. (to alleviate any guilt about making your mother suffer, have stretch marks...anything.

The Goddess ISIS is here to midwife you into the world. She touches your mother and immediately all the pain goes away. You feel your mother relax.

You are born easily and quickly, loving arms hold you and put you on mothers belly.

You are allowed to harvest every single drop of your cord blood. This is a great source of strength for you. Most babies do not get to have their cord blood. Doctors are in such a hurry to cut the cord and go home, they often cut the cord while it is still full of this precious nectar. This time you are nourished for life by this bounty that the Divine has created for every single baby.

This is your BLOOD and you are claiming it now!

When the cord is finally cut, you feel nothing. No sense of loss. You have a sense that you are the ONE they have been waiting for. This is your time!

Isis picks you up, holds you close crooning softly to you. She opens the blanket touching the little baby feet. I anoint these feet with holy light, may these feet ever walk the path of truth. May they take you to places your heart longs to go.

Hands, be blessed with an anointing of light. May these hands be blessed to heal. May these hands be blessed with creativity, to reach out and help others and to receive help as well.

Isis touches your heart, may your heart be strong g and true. May this heart have a strong voice that gets your attention. May your heart always guide you in truth. May you realize the treasure that you have here- deep in the wisdom of your heart.

Isis now touches your Lips and throat. I bless you with an anointing of light. May your lips speak truth and speak up for what you want.

Isis now touches your 3rd eye. I anoint your third eye with blessing of psychic vision of light. I anoint you to see the good in the world, others and in yourself. I anoint you with blessings of light. To be receptive of spirit and to the voice of your own heart. Go forth little one and awaken in peace and joy.

We are thankful to the Goddess Isis for this blessing and awakening.

Amen

END class here unless guided to do otherwise.

Sales Copy for YOU :Use this and modify it to your own:

Advanced: Birth Violence/ Womb Trauma healing “The Isis Method” featuring the Greatest Midwife of all...Isis!

I’m so touched...I feel tears in my eyes.

As I was preparing for the upcoming Advanced class on Healing Womb Trauma/Birth Violence, I heard the sweet voice of the Life-giver Isis, whisper in my ear.

“Did you know that I am known as the Great Midwife?”

Those who call on my energy stream to help with childbirth will find great relief. If you invite me...I desire to participate in your class and bestow a ‘Birth Blessing and Sacred Awakening’ to all those who attend.

Well...my vote is Yes!

Isis further recommended that I segment our class into Modules. This will make it easy for students ...and easy for those who choose to become certified in ‘**The Isis Method**’ **Advanced Womb Trauma/Birth Violence healing.**

Purpose: To define and heal...Where you NOT Fully showing up in your life. Your finances? Your relationships? Your self- image? All can be directly connected to womb/birth trauma.

Why? Because in the womb you are highly sensitive to sound, vibration and emotions of others. Negative impressions are often’ cemented in’ during the birth process (especially if it is a typical hospital birth or if there were any difficulties present)

Here are the modules as outlined by Isis:

***Grounding /deepening Module:**

Benefit- This will allow you to have this experience down to the bone!

How?

First get grounded then we activate a deepening of your psychic awareness. Using HPT with the addition of Isis recommended ancient practices. (Don't worry that you don't know how...I will guide you every step, Both Isis and I are right there with you)

***Calling in Your Soul family Module:**

Benefit- You can affect positively the lives of millions and assist your ancestry/descendants now.

How?

You will invite your entire soul cluster to partake in this healing with you.

*** NOT Showing up Module:**

Benefit- Sets the intention of the class and give you a measurable goal.

How?

Energy exercises led by teacher to discover the REAL way you are not showing up and how you can really show up now!

***Personal Divine Confessor Module:**

Benefit- You will feel a million pounds lighter... able to leap tall buildings with a single bound! (OK, exaggerating a bit on the single bound)

How?

OMG! This revelation from Divine Mother is the most valuable asset to your spiritual advancement that you could ever have. Divine Mother has created an 'order' of Divine Confessors due to the great damage being caused by 'guilt feelings'.

We are not speaking of the really big guilt's (we know what to do about those) it's the little, niggling guilt's that keep us from walking fully in our power. Yes, the tiny pangs of barely discernible guilt keep us from Showing Up.

I consider this the most Powerful part of this class. It's what you have been waiting for...I'm so excited, I could teach an entire separate class just about this.

Your Divine Confessor only has one job...to Accept your burdens if you allow it.

There is never and judgment allowed for this order...only love.

Because this order was established by Divine Mother for the sole purpose of 'taking your burdens of guilt' each confessor receives 'brownie points' for each burden they take on. (I'll explain more in class)

You will make very good use of your personal Divine Confessor while having your womb/birth healing experience. (yep, we started with guilt even in utero, causing pain, wrong time, wrong gender, not wanted...on and on- With this, you will get rid of it before you are born.

** Don't forget- a lot of guilt isn't even yours.

***You will KNOW the name of your own Personal Divine Confessor and how to call them to you .Once installed, they will never leave unless you send them away.

The Womb Journey begins...

*** Sacred Soul Song Module:**

Benefits – Sacred Soul Song heals, especially when in the womb and being amplified by water.

How?

Discover your sacred soul song, sing it to yourself in the womb and sing it now to fill yourself with light...anytime, anywhere.

***Your Mission Module:**

Benefits- a far greater sense of purpose and confidence.

How:?

We will have Divine assistance with this while in a trance-like state. (I have my instructions from Divine Mother on this)

*** Perfect Attraction Module:**

Benefit- How to attract everything you need to yourself in perfect Divine Timing.

How?

Using a simple Sufi practice, you will easily understand and be able to implement.

Stay Strong Module:

Benefit- Staying strong and not being knocked off your bearings gives you extraordinary confidence. Confidence means more wealth, more love...more everything.

How?

I have my instructions from Divine Mother and you will LOVE the simplicity of it.

*** Holy Spirit Team Module:**

Benefit- having your own team of Holy Spirit council to advise you is priceless. Inviting them in the womb state is acknowledging your worthiness and this cannot be taken away.

How?

Easily though the deep meditation and trance-like state. (No worries, Beloved... Isis and I got this)

Isis Birth Blessing and Awakening Module:

Benefit- you will experience a blessing of Light and Awakening that will stay with you from now onward.

How?

Isis will guide me to channel this in the moment. It may be slightly different for each class depending on who is listening.

Nutshell: The benefits of this class are-

- Less guilt- whether it's yours or not

- A sense of worthiness
- Knowing your purpose
- Staying strong
- More awakened
- Attracting what you need when you need it
- Showing up...Fully!

Q. Who should take this class?

A. Anyone who feels like it's time to fully Show Up!

Q. Anyone who should Not take this class?

A.

- Anyone who objects to the Divine Feminine (cause She's gonna be fully present)
- Anyone who doesn't want to experience an altered state of consciousness
- Anyone who wants to keep using their womb/birth trauma as an excuse for not Showing up.
- Anyone who doesn't want a "Personal Divine Confessor"(whose only job is to lighten their burdens)
- Anyone who doesn't want to know how to attract and thrive in Divine timing
- Anyone who Doesn't want a Birth Blessing and Awakening from the Life-giver...Isis

Please allow 2 to 2.5 hours for this healing experience.

FEE: Suggested price- \$67 (you can price it higher if you desire. A private session would certainly be more)

***Non-Dominant Handwriting Explanation :**

When you write with the non-dominant hand, you have a direct connection to the right side of the brain. The right side of the brain houses your intuition, your spirituality and your creativity. The left-brain houses the logical, analytical side. Non-dominant handwriting is an effective way to communicate with your team of Holy Spirit helpers.

Where did I learn the power of Non-dominant handwriting?

I invested a year-and-a-half studying directly with Dr. Lucia Capacchioni who has written many books that use journaling and non-dominant handwriting as a form of free therapy. Books like *Power of Your Other Hand* and *Recovery of Your Inner Child* are available on Amazon.

If I could recommend only one technique in the whole wide world to increase psychic awareness, it would be writing with the non-dominant hand. Do it every day for six months and you won't believe your results. Combine this with regular HPT and you will grow by leaps and bounds! It's incredible and it's easy.

The dominant hand is the one you write checks with. It doesn't matter if you're right- or left-handed. The dominant hand is the one you eat with and write checks with. Some people say they are ambidextrous; the one you write checks with is your dominant hand.

* NOTE: Non-dominant handwriting is NOT "automatic writing." A spirit will not possess you and move your hand. This is wisdom that comes from your own self; the right side of your brain. Just write slowly, one word at a time. As you grow accustomed to doing this, non-dominant handwriting will be easier and easier.

And BTW... the right side of the brain has not learned how to lie yet so you get direct access to a lot of truth by doing this.

Beginner's exercise

1. Using unlined paper, turn it so it's 'landscape' (wider across the bottom).
2. Write your name with your non-dominant hand.
3. Put the pen back in your dominant hand and ask, "How did that feel writing with my non-dominant hand?"
4. Put the pen in the non-dominant hand and let the answer flow.

Second exercise

Now you are ready to take non-dominant handwriting a step further and address a sub-personality.

1. With a pen in your dominant hand, write: "Dear Inner Wisdom, how can I move forward on my path more easily?"
2. Put the pen in the non-dominant hand and let the answer flow.

